



See the
writer
Link of interaction
makes pretty
hard to define.
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SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



Breaking
stem cells
Student
selected
to interview
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WEDNESDAY, MARCH 29, 2017

CONCORDIA COLLEGE, NEWCASTLE, ONT.

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Hold back on the beef, eat a bug



PHOTO BY MOLLY PLEIN

Cambridge Butterfly Conservatory staff Tim Marquart and Tessa Malinches held out samples and educated visitors about the benefits of eating bugs at the conservatory on March 22.

BY MOLLY PLEIN

It might be time to eat bugs on beef and start eating bugs according to Eastern Farms co-founder Jared Goldin.

"I think of people are are like, 'I have a family of health and sustainability. Is something they should be open minded about?'" he said. Goldin, along with his brothers James and Ryan, started a bug farming business just over three years ago and sold the first to eat a bug at the farm in Canada. Initially the farm was about 1,000 square feet but has since expanded to 10,000 square feet due to the increased demand for these products.

During March break last week, Eastern Farms sponsored and supplied the ingredients for the Cambridge Butterfly Conservatory's annual Bug Fest. Visitors

to the conservatory had the chance to sample a few different insects.

"Our first one is a dry roasted cricket with maple bacon seasoning... then we have a mini pancake made with cricket flour and the last one is a maple bacon with dry roasted beetle larva," said conservatory staff member Tessa Malinches.

For those who are a little squeamish when it comes to eating bugs Malinches suggested starting with the pencils.

"Then the easiest one is just with larvae you can't see the bugs."

While the pancakes were easier to swallow the crickets were a little less visually appealing and harder to stomach for some visitors. Tom Keppler, one of the many kids to eat the bug fest, enjoyed the pencils but wasn't so keen on the crickets.

"I see the leg of the cricket separated from the body. I am not eating that," said Keppler.

Malinches said, "The cricket is actually my favorite. If you can get over the fact that it's just a dry roasted cricket in a cup, that's pretty tasty."

"While the crude value does help in bringing visitors to the conservatory, there are actually benefits both for our planet and for our health in eating insects."

"They are more sustainable in land and form, they take less water, less land and less room and they have more protein than your average serving of beef, pork or chicken," said Malinches.

Goldin added these arguments saying that he would encourage others to eat insects for two simple reasons.

"They care about their own health as probably the best health form of protein and if they care about the



Yolanda Bregman samples a piece of maple bacon topped with cricket beetle larva.

planet it's probably the most sustainable form of protein, not probably a lot."

On the Eastern Farms website there are many facts presented on how their cricket powder is both healthy and environmentally friendly.

Cricket insects are one of the most efficient sources of protein to produce in terms of the amount of resources required.

"In fact, one of the criticisms is that 12 times less resources are needed to create 10 grams of cricket flour than are needed to create 10 grams of beef protein. They also state that three fourths of food waste in our cricket flour is an alternative protein source for one day a week, it would save the planet 500,000 tonnes of food waste per year."

Another environmental benefit that could stem from substituting insect protein for meat protein, is a reduction in carbon emissions.

"Twenty per cent of all carbon emissions come from meat farming. The No. 1 contributor to global warming is meat farming," said Goldin.

Meat farming creates waste in environments and also requires more resources and has a higher emission rate. From the feed you give them to the amount of food produced.

"To eat meat food is about 10 per cent... whereas insects convert at like 50 per cent," said Goldin.

He claims that for every 100 kilograms of feed given to a cow it would only produce about 10 kilograms of food for consumption. The same weight of feed given to insects would produce around 70 kilograms of food.

The conservatory wouldn't be the only thing that would stand to benefit from increased consumption of insects though. The cricket flour which accounts for 50 per cent of Eastern Farms business, is also highly nutritious. It contains having 10 grams of protein in every 100 grams of flour in a also high in other nutrients such as calcium, zinc, vitamin B12 and fiber.

Eastern Farms is located in Newmarket, Ont. To see the products offered and in order online go to www.easternfarms.com.



Malinches offers samples of some healthy maple bacon cricket to the visitors to eat a bug.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What has been the weirdest excuse
that you've given or received?



"I tried to catch the news paper from the paper boy and the car key flew out of my hand and into the bushes, so I had to search to find them."

Emily Schubert,
Second year
Business administration
management

"I can't go out because I'm too drunk."

Barbara Purdie,
First year
marketing



"One of my friends invited me to a wedding birthday party for her cat's birthday."

Katherine Wilson,
First year
pre-health sciences

"I told a guy running a charity that I needed money repaid, so maybe I should start my own charity."

Sylvie Journeau,
Second year
Business administration
marketing



"I usually say I'm sick and then not sick the next day."

William Reid,
Second year
Business administration
management

"I'm 24 years old and they wouldn't take me because their people wouldn't like them."

Charissa Mathiesen,
First year
social service worker

Emily Gossling, you provide us with responses

FEELERT CARTOONS

"DAD, ARE YOU? MY FRIEND ANNE LIVES A REALLY TERRIBLE LIFE. SHE'S SO SAKE. LARVAGUE, OR WORLD. EGGST, OR THAWING OR ETC. HOW I CAN SHOW HER WHAT IT'S LIKE TO BE IN SOMEONE ELSE'S SHOES."



By Luis J. Lopez



By Luis J. Lopez

Full house welcomes Shaping Sound

BY JESSICA CLARK

Travis Wells Shaping Sound. After the Curtis cast used with the second night of the JBL North American tour at Centra in the Square in Kitchener on March 9, The Star down a staircase covered, which filled the theater.

This show was created by artistic director Travis Well, along with Nick Lunn, Tom, Trudy Florence and Kyle Helstrom, who are all equipped with an amazingly unique dancing, singing and writing skills. Each of them has performed in shows like Dancing with the Stars and So You Think You Can Dance. Shaping Sound, which though an interesting mesh up of dance styles and musical genres, tells the narrative of a man on the outlet of an inner battle with himself while he works to discover his creative voice after the sudden death of his son three years.

The drama elements who filled the stage in various times throughout the production had unpredictable elements. Their lyrical talent was often even more than not well-received.

in the same moldage of the dance world. Well controlled the audience with his creativity and obvious masterful stage direction throughout the majority of the performance.

The middle act was filled along the stage by the cast themselves as they crawled, as walked below, suspended by the darkness and in their though still obviously in their characters' costumes. This had no bearing on the performance as an article, if anything was added in the unoriginality of the show. The castmates pulled a something together, they were very well designed and creative. The moves, a crucial element to the story and show itself, was an interesting mix of grace and muscle. Though it seemed to eat the atmosphere of the director throughout. The lighting, another piece of the production that was used to tell the story, could use some working. At one point during the production a random flash of light started the audience and another time extremely bright lights flashed around the stage for more than seven rounds. This story kept

actually warranted a gasp from me for those moments to such things.

The performance began 15 minutes past the 8 p.m. start time, probably due to the enormous size of the audience and the shudders that resonated. Centra in the Square staff were right to give everyone a reasonable amount of time to take their seats before the performance's start, avoiding interruptions.

Shaping Sound is an interesting show. It was unpredictable, creative and well performed, although it could have had a clearer plot structure. It was easy to get lost in the beautiful dancing and no longer understand the direction of the storyline. The show definitely evoked emotion on the audience, though it may be difficult to decipher what exactly those emotions were.

All in all, it's no wonder Well has won the respect of an Emmy award in the past for outstanding choreography. He did a wonderful job of supervising his casters, and the show ended in a standing ovation.

MONTHLY BLUES EVENT TAKES PLACE IN GUELPH



PHOTO BY ANDREW BROWN

Reed Macmillan (left) and Scott Thompson perform at The Weekly Pub in Guelph March 8 for the monthly blues event called Blues on a Blustery Day. This event was started by the late Gary Whalen, a solo and blues musician who performed under the name Guelph. For more info, go to www.guelphblues.com.

Stem cell donors urged to sign up

ANSWER PAGES

Walden University
students gathered for miles
over at Blackwell.

The afternoon our students on cruise arrived forward to draw blood at a well-set blood donation place at the Senate and House chambers while the editorials suggested a One Match stem cell and bone marrow transplant from health.

The responses of the 100 families of the Laurent study raised concerns about stem cell donation and suggested potential costs of cell donation for the Canadian taxpayer.

These cells are a group of undifferentiated cells present in multicellular organisms - meaning they are capable of carrying out a number of bodily functions. These cells can be derived from a healthy human body and used to treat diseases such as several types of cancer.

The Canadian chapter of One Match is a part of an international transplant registry network and has over 4,000 registered stem cell donors. It has access to 20 million donors worldwide which enables the Canadian chapter to import stem cells to their patients in the country. Despite the vast number of donors, finding a match is a daunting challenge. Currently, a total of 800 Canadian patients are waiting matched.

The major cause disease caused by the bacteria is the *leprosy* or *leprosy* a disease caused by a *leprosy* bacteria.

Sherr Cycles inventory manager for Canadian Metal Resources, said, "We are a program that people understand a lot more when they know someone who is a user of our services."

Like Pechulis, a second year communications studies student at Wilfrid Laurier, interested about the program when a friend of hers got involved. She has been a registered donor and is evaluating the OneMatch case now.

"Doctors have to fill out forms to register and we ensure that doctors are in good general health. The simplest gets sent off and as time goes on with the registration process will be complete. This will be a lot easier to do."

The sophomore book was run by Sherry along with volunteers from Wilkes University. There were 11 runs to 3 pm. At the booth, potential stem-cell donors lined up to get swabbed. A human resources representative spoke with donors who explained the needs of their clients' private samples of their saliva. These were then returned for tests to the blood bank.

differently when compared to blood donation. For some cells, patients or relatives termed human leukocyte antigen (HLA) that are in whole blood will need to be a match or under a certain ratio because human beings receive half of their markers from their mother and the other half from their father. A minimum of 10 antigen matches are required to qualify as a match for a patient as need.

If a patient is found, the donor removal is still from the cell transfer team to obtain a donation. Some cell donations at One Month are carried out in two ways either through a process along the lines of kidney donation or through a minor hand surgery.

Share and Our Sketches makes it a point to let every donor know they cannot look out into a window or dream of what would be found for the present. The return of an unopened donation envelope reveals what they are signing up for.

Shane Cordin, a second-year honours oil painting student at Wilfrid Laurier, is a painter and mixed media artist who

"I am not the writing but right now - the eight months now. There are so many tests you have to go through, there are blood tests, a physical test - you have to go to the hospital a week before just to make sure everything is OK. ... But it is such a small inconvenience - considering you are going to die."

Barb Anthony, a second-year environmental studies student at Central Laurentian University, has not yet had confirmation from her employer to intern with the Green March. Karen Dell and Bryce Mander have been in touch with her, however, on March 20.



Photo by Michael P. Johnson

Running can help you quit smoking

BY RANDI LAMBERT

"I went to and signed up. I was the 200th patient member who took up running. About a year after that I became the assistant manager of the (Running Room) and now I am the new manager for the company," said Nancy Smith. "I quit smoking, dropped weight and I have run a marathon. I tell everybody that, if I can do that, anybody can do it."

Smith was 14 when he first started smoking. He thought it was cool to be a smoker and to hang out at the刹尾 of his high school. "When I went to Fanshawe College in London, Ont., people could smoke on hallways and even in classrooms back then. Smith said.

He has now been smoke free for almost 80 years, ever since he took up running.

“I have a job where it's not really a job, it's just having fun every day. The best part is meeting new people and telling them they can be a runner, they can quit smoking and they can be a marathon, because I know it's all true. Just being a bit tall somebody about that is amazing.”

—Nancy Smith

Smith used to smoke one pack a day when he had two or three cigarettes back then.

"I found that they are more like \$10 a pack so something I don't know how they afford it," he said.

When he first joined the Learn to Run program of the Running Room in London all he wanted to do after a run was to smoke a cigarette. Later he told himself that he wasn't going to do both — smoking and running.

"So I went to my doctor and I did not want help from them. There are pressures there that there will help you. I think I tried to quit on my own many times," he said. "The last time when I took up the running at 80, different in my head. I know that was the gamble for me, the running was going to help me and make me quit and it did. It just kind of

worked that time and I part in it after that."

The Canadian Cancer Society partnered with Running Room to start a nationwide Run to Quit program in 2006. The store offers several in-store training programs and guides participants through a 10-week walking or running program while removing support to quit smoking.

"I was 61, I was an older runner. I just turned 60 so, I was a little bloated," he said. Smith said he never smoked anything when he quit at 60 and he felt great. "I had to be a happy and easy to help others who are trying to quit."

"I did sort of have a nervous to smoke. I want for a run I would like to have I have to replace that with something, so instead of having a cigarette, I would just go for a little run," he said.

In 1988 he won the Walk Disney marathon in Florida. By then he had been running for a year and he wanted to run a marathon. When he saw the medal in a magazine advertisement he told himself that he should have it.

"We do a full marathon you get a huge Disney World band and for the half marathon you get a huge Disney track band. So I have both of those," he said with a smile.

"They shot the theme parks down and you run throughout these and high-five all the Disney characters. Mickey was there at the end of the line to give a medal."

He has run one full marathon, 10 half marathons and a few 10Ks and 10Ks. He has also taught at the various Running Room Learn to Run programs and has helped people learn to run themselves and quit smoking.

He said his journey has been fun.

"I have a job where it's not really a job, it's just having fun every day. The best part is meeting new people and telling them they can be a runner they just quit smoking and they can run a marathon, because I know it's all true. Just being able to tell somebody about that is amazing," Smith said.

Kandise French-Green, store manager of the Running Room in Kitchener, supports the Canadian Cancer Society partnership with Running Room to start the Run to Quit program.

"What we have learned from the running program is, it's not a 100 percent. It takes multiple tries to quit



Nancy Smith, the Running Room's new manager, stands in front of his company's van. He was a runner in the Learn to Run program and currently encourages people to join the Run to Quit program held by the store that helps people quit smoking.



The Running Room offers shoes for many different sports. Anyone planning on joining the Run to Quit program should ensure they have a pair of high quality running shoes.

“The running is just one aspect, just to create a healthy habit. Hopefully they will use running as a stress relief and they won't be tempted as much to go out and have a smoke.”

—Kandise French-Green

smoking. For some people it works right off and for others it doesn't," she said. "The running is just one aspect,

just to create a healthy habit. Hopefully they will use running as a stress relief and they won't be tempted

to smoke to go out and have a smoke."

French-Green said that club members are excited about the new Run to Quit program and they have passed on the message to their family and friends.

She said she was a smoker when she was a teen and that her personal experience she knows how important exercise is.

"Movement just makes you better all the time," she said.

Guelph poverty relatively invisible

BY JEFF WILHELMSEN

Some poverty in Guelph can be ignored, whether it's the man who lives in a tent in the side of the road with traps trapping his bicycle and tools of his trade, or the people gathered in front of 48 Baker St., something mysterious, huddled together on a bitterly cold day.

A young woman sits in a change at the grocery store and an older woman sits for coffee and money and has a specific name, when she approaches people. Most people pretend that don't see them. A few others who walk through downtown picking up trash and litter used to talk to people but now usually stare through them.

There are not thousands people living in poverty. The majority of people who struggle aren't visible, so it's hard to calculate how many people in Guelph live with less. Many individuals and families live on government benefits or pay market rent and don't affect the statistics of life.

Some go from living with friends to depending on significant others, never having anything of their own. There are no people we don't see, are struggling, people who have landed in an income with only an aid service or family and friends.

Elizabeth Ellery is the co-coordinator of the Guelph and Wellington Task Force for Poverty Elimination. She believes it's hard to define poverty and says although the government uses a low-income measure, the number of people living on a low income is unknown, because the last National Household Survey was in 2001.

"You have to do the share calculation because they're not all," Ellery said.

The 2006 survey information is not to be released until September of this year, so the organizations can move forward with a larger idea of the people who need help.

These people are visible and include individuals with physical health and mental health issues as well as those with education and problems who are vulnerable. Some are on social assistance like Ontario Works or the Ontario Disability Support Program. Many have dependents and get additional benefits from the government as long as their taxes and paperwork are up-to-date.

"Single mothers who are on OW are probably the most off-compared to anyone a two-parent family that is receiving ODSP and child benefits as well," said Ellery.

"The not paying one education as better or worse than the other but we can't think of groups everyone together."

Ellery also believes that people not on incomes are struggling financially. They are toward the working poor.

These people are making minimum wage or slightly over minimum wage and struggling to get where the minimum and off the road.

Some people stay and live but are in absolute poverty living on minimum, and are able to work their way up to a better lifestyle. "I think of poverty in terms of a continuum," Ellery said.

The biggest problem is the lack of affordable housing.

"We have the lowest vacancy rate in Canada,"

that means there's not a lot of availability," said Ellery. "People who are less income are competing with students for housing at our community."

Markets rent is not affordable for people on OW or ODSP.

"The incomes are not extremely大陸的," Ellery said.

Government housing is not good for many people as the conditions and neighbourhoods might not be safe.

Matthew Frost grew up on Guelph and lived in a housing complex with his family.

"When I was 18 my house was foreclosed on, and we went to housing," he said. "There was no money drug and drinking, fighting and grouping."

He parents had split up and his family was struggling. His mother ended up in a better location, so mostly he did receive disability funding.

Living in poverty was hard for Frost as a teenager.

"For me, it was always hardest to keep up appearances. To not look poor," he said. "It's about a lot of choices. I couldn't even think about college or university because we needed to survive."

An 18-year-old Frost has worked for a great part of his life and returned to school to further his education but continues to feel the effects of living in poverty.

"I still have trouble thinking I deserve things and feel guilty if I have something new because I have children still struggling," he said.

James McConnaugh, 42, and his family live in a housing complex. The mom of four households are glass and the property is quiet because of the Ontario rent control measure. He is a single father to two young children that he brought to get away from the cold.

"I'm not working right now."



James McConnaugh poses with his children Isabella, left, and Alonso in front of their home on Baker St. McConnaugh is a single father who brought the full custody of his children and was given their mother's savings from adoption money to set up a working and stable home to care for his children.

McConnaugh bought the house in 2008 and said he and his wife, Kristina, "had a lot of help" from Ontario Works, including financial help to buy the house and to get them back on track.

During this time he had very little help. His family participated through the Drug and Alcohol and Wellness Centre, St. Catharines. The regional Community Re-Engagement Program, which provides clients and families with services and support, did everything possible to get him back on track.

"Then he was able to get subsidized housing and funding from Ontario Works for the most of last year," McConnaugh said. "I didn't get any child benefit money because of an error made by a number when they filed his paperwork."

"GOD is a saint with two kids and a dog sitting at Walmart in the food bank. I don't even know what I'll be doing right now," he said.



Robert Pickering stands in front of 48 Baker St. in Guelph on March 12, where he runs the Out of Poverty Society. The Free Supper Club provides hot meals and an art gallery and meets in space on the weekends in the building. Due to record financial hardship, these programs may not be held in this location for much longer.



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Bees

An endangered pollinator

BY MEGHAN WEAVERHILL

"It's like a game of chess, you can move one block but what happens if it's the wrong one or too many?" said Victoria MacPhail, co-chair of Pollinator Outreach.

The numbers show how drastically the population of bees in Ontario has decreased. It didn't start until around 10 years ago, when Dr. Sheldi Collie, her survey was conducted for her PhD. In the early 1990s, Collie recorded over a thousand where as the bee population had been surveyed back in the 1970s. Her survey showed that the population either drastically declined or became non-existent.

"That was sort of the first science we found here in Ontario," said MacPhail. "We probably have around 600 types of bees in Ontario, some unique, some are common and a couple of them. There is a huge diversity and we are wondering what is happening to all the other pollinators, the butterflies, beetles and everyone else."

In 2010, the Canadian Honey Council estimated that the number of bees dropped 30 percent over three years. In 2011, the Globe and Mail reported that 15 per cent of honeybees didn't survive the winter. The cost for loss through winter is around 10 per cent. Ontario lost 38 per cent in 2012. The reason behind the decline isn't just attributed to one thing, there are multiple factors that play a part in the decline of pollinators.

Entomologists, and another Pollinator Chair wrote in her book *Monarchs, Megafactories and More* that out of all the factors that are killing off the bees, the main four are var-

ious mix of habitat change and pesticides.

MacPhail said, "Pollinators are responsible for two-thirds of all pollination out in the world, that includes a third of our agricultural crops. We have a saying that can eat of every flower but you like to the result of a annual pollinator. That could be the obvious fruits like strawberries and apples to the not so obvious things like beef. Losing the bees would have a big impact on our food."

Entomologist Raman Khurana said, "There are over 2000 species of pollinators for most commercial crops, but with out the diversity of species of native, solely solitary bees in Ontario, some people predict, ecosystems collapse."

On April 10, like Pollinator Outreach have created maps for people to start helping regenerate Ontario's bees.

"Plant more flowers," said MacPhail. "Even if you live on the 10th floor of an apartment building, putting out some flowers can still help some pollinators. If you have a larger yard you can even have a habitat. If you don't have a large garden and still want to help, we have several planting sites around the city that we can always looking for people to help us manage."

In Ontario the government has created the Pollinator Health Strategy. The Internet page for it lists different actions they are taking to support pollinators. The strategy includes financially supporting beekeepers who have lost a high number of hives, testing crops of pesticides and developing those action plan to include other streams that are causing bees to die out.

INSIDE THE MIND OF THE UNDEAD WITH DOCTOR Z



PHOTO BY RANDY TAYLOR

Mark Zervos, or Doctor Z as his students call him, sits at his often besides a poster on his laptop for his new course, *Working Through Zombies*, which begins in the fall of 2013. For video story, go to www.ysu.edu/zombies.

YOUR SEARCH IS ABOUT TO GET EASIER



PHOTO BY RANDY TAYLOR

Parking has been a major problem at Ohio State University's Columbus campus. For those searching for a closer parking spot they will be happy to hear Parking Services has announced that of the available spots, the lines will be repainted when the warm weather comes. For video story, go to www.ysu.edu/zombies.

THE FLOWER STUDIO OPENS JUST IN TIME FOR SPRING



PHOTO BY RANDY TAYLOR

Jessie Morris stands next to a flower display for her shop at the Student Union Wedding open house on March 4. The Flower Studio is located in Bldg 100 and offers creative flower designs for weddings, special events, birthday cards and anniversary cards, one-on-one creations.

Inside The Hive

- 10) Honeybees have a wing stroke of 200 beats per second
- 11) Only the queen has lays eggs
- 12) All worker bees are female
- 13) A single bee can make 100 pounds of honey for a beekeeper
- 14) Honeybees can recognize faces
- 15) The queen has to lay between 800 and 900 eggs each day



ILLUSTRATION BY
MEGHAN WEAVERHILL

- 16) Nectar loaded with caffeine helps bees remember where the flowers were
- 17) Beekeepers will use smoke to keep their bees calm when they collect honey or relocate the hive



HOROSCOPE

Week of March 26, 2012

**Aries**

March 21 - April 19

**Libra**

September 23 - October 22



Don't be too bold, focus on the class of colors and build upon them.

Taurus

April 20 - May 20



Romantic sales last for yourself to be found, or it may cause more drama because of your level now.

Gemini

May 21 - June 21



Don't let your anger get in the way of your focus. Return colors and keep your eyes on your goal.

**Cancer**

June 22 - July 22



Don't feel disengaged by the hard work of others, but let it be inspirational.



You can impress others with your creativity don't be too scared to let your ideas be heard.

Let your ideas run free. There may be business opportunities by the end of these.

**Leo**

July 23 - August 22

You may come to reflect means to be a dead end. That's when you know you are coming a path of your own.



If you feel like going on an adventure then begin planning soon.

**Virgo**

August 23 - September 22



Don't be too hard on yourself. Your hard work will only go unnoticed.

You will establish a distant friendship of you are willing to be the one to step forward to implement.

**Pisces**

February 19 - March 20



Discretion: Women's intuition is better beyond mortal comprehension. She also enjoys people watching and coffee.



FUN & GAMES

Oh Giffl!

Giffl isn't human until he has had his morning coffee.

Useless Facts

Only one in one billion people will live to be 100 or older.

The human heart creates enough pressure when it pumps to squirt blood 30 feet.

The shark is the only fish that can blink with both eyes.

The longest anti-epic word in the English language is "hershechem."

Arrozona is a member of the peach family.

Sudoku Puzzle

			1			7		
1	6	7	3			2		
2	8		6	1	9			
	2					3		
3	1	8	2	9		7		
9		6		1	4			
	1		5		6	4		
8		3	6					
6	5		4		3	1		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

Word Search**Harry Potter**

S	S	S	T	E	N	O	I	M	R	H	E	K	O	T	I
E	J	H	E	R	M	E	S	E	E	A	T	H	E	C	Y
M	S	I	H	M	S	E	T	S	E	J	M	S	V	L	W
A	Y	C	H	X	C	Y	W	S	F	E	S	W	A	N	D
H	E	R	C	I	F	B	E	R	T	N	T	S	C	W	Q
S	T	M	T	N	D	E	N	E	R	R	F	E	J	S	G
E	F	E	I	E	B	O	N	T	B	X	O	R	U	B	K
G	F	R	D	O	M	D	C	A	N	O	G	L	F	G	G
O	U	O	D	H	E	R	M	E	O	I	G	L	I	C	P
E	L	D	I	F	N	G	R	H	T	M	I	J	W	B	H
C	F	E	U	R	T	R	A	T	F	K	D	R	Q	A	P
E	R	L	Q	L	D	E	A	T	E	A	H	O	E	T	R
P	H	B	W	L	R	P	I	E	N	J	X	W	M	N	T
A	B	M	Q	V	S	F	R	D	G	O	C	Z	L	S	D
M	H	U	D	R	O	S	E	T	O	F	A	S	F	O	N
S	T	D	Y	V	N	O	E	G	D	I	W	D	I	F	O

HEDWIG

Trusting journalists and the news

BY MARTHA FRANKELETTA

The dynamic between the public and political journalists has changed. With a vast number of publications and a new media publication has in the middle of that, the average citizen is having a harder time finding news they can trust.

"More media news has multiplied the sources implying what they trust and who they can trust," said Nick Taylor-Vaisey, the national director of The Canadian Association of Journalists.

As the Internet expands, and more news is buried in a sea of news publications to choose from, media users' trust of stories' publications have begun to eat elephant and elephant reporting on news stories to their websites and Facebook pages.

"Part of the problem is that the popular stories aren't the appropriate ones," said Taylor-Vaisey.

He said when a publication posts a story on Facebook, a sensational story will get more attention and more shares.

Many new digital traditional journalists

These young users as opposed to "legacy media," a term coined by Giese, opposed to "old guard journalism," saying "newspapers and broadcast reporting have become too caught up with ratings, editorials and chronic media provide accurate and powerful news."

Indeed, a new wave of political reporting is being done by new journalists who are reporting with a clear defined bias, either which they will readers and viewers to form their own opinion. This is in contrast to "old guard journalism," which, they argue, publishes with clear, unbiased bias.

This bias is partly to blame for the decline in readers and viewers.

"I tend to think the accusations of bias are a media-created and one-sided," said Taylor-Vaisey.

However, a joint study done by Cornell and Stanford university professors says different. They studied eight years of President Barack Obama's speeches and how they were reported by different publications.

"By reading how different news outlets agree or privately, an analysis of the structure of

political media coverage. This reveals a latest media has space that aligns surprisingly well with political ideology and media type. A linguistic analysis explores striking differences between these latest dimensions, showing how the different types of media often portray different realities even when reporting on the same event."

Congressional Member of Parliament Denis Blaikie said one side of the way the political polarization is conducted, specifically via Twitter.

"There needs to be something bad happening and I'm not suggesting for a moment that journalists should take ownership for it, but they should also do their due diligence and I think for too much information is being spread with 140 characters and being from individuals where you really have no idea who's actually doing what," said May.

"It's really interesting, the process, and the narrative that's being driven, and we understand that it's a reality but that doesn't mean we have to like it."

In part, people believe the legacy media are deliberately slanting the stories to their readership's side.

"I think that cynicism seems

to be the default. They're looking in this direction — and just to say everything's great and everything's roses." That is not going to sell, it requires us to do our own traffic and blog.

"There's very little in the media of 'here's an evaluation of a program that and they're going to do this but they're doing this material. There's very little of that."

"There is also here a shift in the way the government communicates with people being closer to their publics than ever before thanks to online communications."

Through the '16 and throughout '18 the government in the shift in thinking where governments begin to think more strategically.

That whole shift within government more specifically for whom services they were delivering to the public, and what results they were able to achieve with what outcomes they were affected," said Jane Bryson, a Commons researcher and program co-ordinator of business — community and social issues who has 18 years of experience at a provincial government.

"We [government] are not putting in the money the public deserves, although there's still very very important, but we have to do so in a way that's financially responsible and accountable to our taxpayers, the people who fund these programs and services," she said.

By bringing transparent government, people are being taught on how the press reports on the government whether positively or negatively.

Massification and as a reporting on politicians has become more sensational, focusing on press.

The public is also frustrated with the lack of assessment reporting on government policy.

"I certainly understand the journalistic frustration but the one issue of blindness or complicity is constantly recurring," said Taylor-Vaisey.

"The reporting crisis, it's just horrific to feel."

In order for the press to survive, readers must trust the news they are presented with in the best, accurate and unbiased. A loyalty must exist between readers and their news that cannot be lost and that relationship must be constantly worked to insure good reporting is conducted and good reporting is used.

WATERLOO MEN GIVE A DAMN



PHOTO BY MOBILE CLASS

Waterloo Region's chapter of 130 Men Who Give A Damn presents a cheque of \$100,000 to Waterloo Place on March 8 at the Waterloo residence. For video story, go to www.appletonline.com

Performers needed

Cambridge College project manager and students are holding an open mic fundraiser on Thursday April 6 from noon to 3 p.m. at The Venue.

Proceeds will go to Guitars for Kids, a non-profit organization based in Cambridge that donates free guitars to kids who are interested in music but cannot afford to buy guitars.

The organizers hope to raise awareness about the charity and help them purchase more used guitars. Students and non-students who are interested in performing or sharing are asked to email alphonso@cambridgecollege.ca or phone 226-873-0700. Apparently performers are looking for singers, poetry readers and people who can sit on boats as well as volunteers to help set up tables, photo and video and perform other tasks.

Tickets to the open mic event are \$5 each.



Cambridge Live Music is in charge of Guitars for Kids in Cambridge and Dan Walsh, the producer, will be performing at the Blackwater Room afterwards so the Cambridge workshop poster can be found at www.cambridgecollege.ca.

For more information on Guitars for Kids, go to www.cambridgecollege.ca/130men/.

More information and updates on the open mic event can be found on the Open Mic Fundraiser for Guitars for Kids Facebook page.

SHARING CIRCLE BRINGS PEOPLE TOGETHER



PHOTO BY RANDI JONES

Commodity students meet with Aboriginal Henry, organizer of Aboriginal Services, and Robert Henry as Aboriginal elder, for a sharing circle in the union on March 23 as part of Cultural Diversity Week. The sharing circle is held every Friday, usually inside the Aboriginal Services office, as participants can share and feel their body, spirit, mind and emotions, together. All are welcome.

WOMEN SPEAK FOR THOSE WITH NO VOICE



PHOTO BY RANDI JONES

Rebecca Muñoz (left), lecturer at the University of Waterloo, and Cheryl Matayoshi, Aboriginal Services representative at the university, stand amongst the names of missing and murdered indigenous people written in chalk at Carl Zedl Square on March 23. For video story, visit www.sasknowinfo.ca.

Atrial fibrillation (AF) is a heart rhythm disorder that TRIPLES YOUR RISK OF STROKE.

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There's many different faces of poverty

■ COMMUNITY IMPACT

He did family get childlessness and live very fortunate.

Some people are not able to get housing and don't feel safe in their home. Karen Wayne has lived most of her life in poverty and although she is on ODSP for enough health issues, no money left, she is afraid for her human rights.

"I'd be like this 'til I die," she said.

The page modest met the a small apartment which takes up her monthly rent allowance as well as most of the portion of money she gets for her basic needs.

"I had a phone knocking but I just sat there silent and right out 'Wayne need,' I said off the phone. I have no shopping in my daughter's closet."

She comes approximately \$2,000 in housing these many years and unless she pays off what she owes the most apply. She also has difficulty getting food or using any services available in the community.

"I don't use the food bank because I have nothing to go back up and I can't left at 11 pm to the Salvation Army if I have someone to help me at Hope House... but I can't carry the load home," said Wayne.

Because of the debts she owes to CRA, housing arrears and other businesses, she phones and calls the case for credit. She can't work.

"What happens when I run off?" Wayne said. "I don't know."

Advocacy and volunteer Tina Shupley, 36, said getting out of poverty is almost impossible because of the paradox nature of the welfare system.

"You need paper now and everywhere," she said. "You can't just say you can't buy you want, want, want, everything. Welfare takes every dollar you earn depending on your situation and then you fall the level off benefits or gone."

You won't even get ahead because you paid down or make money while seeking some form of assistance.

"There's no hope," said Shupley.

Shupley has Oshkosh disease and after having three surgeries to cure an otherwise drug resistant, she requires ODS which includes many medical benefits.

She spends about \$10 per month after money on housing, then the rest as a phone and food. She visits local food pantries

and other community services as well as eat and get basic needs like clothing. She spends so much time on her money getting back.

Shupley is the co-ordinator for Community Volunteer Income Tax Preparation at the Oshkosh. Last year, 1,000 Oshkosh individuals received Shupley who sampled a range in tax preparation.

She also facilitated the last round of a program called Advance your Voice which helps people bring up poverty issues to engage the public policy to the issues she addresses for others.

Shupley takes part in the poverty task force and she supports grassroots solutions like the City of Poverty Survey at 80 Stiles St., which is run by External Phillipsburg, Tl.

Out of the grassroots Pockrell and long-time volunteers have been running a food program called Our Plate Supper Club throughout the week as well as an art gallery on the weekends where people can come in and paint, enjoy the shelter and even get something to eat. Because of recent funding issues they are unsure of what will happen in the near future.

The people who depend on Oshkosh St. are a mix of those who have no home and those with some stable living conditions but have little money for basic needs. Many have health and addiction problems.

At 80 Stiles St., run by the government and relies on donations from people in the community. "Part of the problem is what I call the professionalization of poverty, where there are groups that are already funded. Then you have the grassroots initiatives that are very difficult to fund," said Pockrell.

Money is provided to more places and not others and doesn't necessarily help certain people.

"They pour money into the professionalization rather than into the needs of people who actually have the lived experience of poverty," he said.

"They don't look at the people who are on it with judgment. They don't look at them with stigma."

Pockrell wants people to know that they are welcome to use their own food support at Oshkosh as long as they are open to that format.